



## Ability 1st Utah

Promoting Independence  
for People with Disabilities

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### VALUES STATEMENT

Educate, Respect,  
Advocate, Support

## 5K/10K/1k 2021

Ability 1st Utah is hoping to host our 18th annual Run, Walk, & Roll race this year. We were unable to host our race last year 2020, due the COVID-19 Pandemic. We are moving forward with plans this year in the hopes that our State will be more open to group events we will keep you posted in case this event does not happen.



## Nursing Home Transition Success Story 2020

Cheryl has had a lot of challenges in her life. Abuse in childhood left Cheryl scarred and bitter and unwilling to trust people. Cheryl moved to one of the rural counties Ability 1<sup>st</sup> Utah serves. She moved to Sanpete County with her former husband and lost him soon after arriving. Being alone and blind created great hardship for Cheryl, but again trust issues arose and Cheryl was determined not to ask anyone for help. Cheryl tried to take her own life and found herself in the state mental hospital in June, 2020. Therapist at the state hospital told her that she would remain there indefinitely unless and until she formed a relationship with an agency who could help her transition back to community-based living.

Cheryl was released from the state hospital after she met me and we put together a plan for her return to community-based living. Cheryl was moved from the state hospital to a nursing facility where she could get some in depth mental health counseling. In October, 2020 Cheryl walked out of the SNF on her own and went to live with family until she secures an apartment she can afford. In all the years I have worked for Ability 1<sup>st</sup> Utah this was the most challenging transition I have facilitated. This consumer had to learn to trust others who could help her and change her ideas about people always letting her down. I learned a lot from this consumer too. I learned that hurt and disappointment have no shelf life. I learned to become a better listener and validate the pain those I work with feel. I also learned that the intrinsic need that our consumers feel to live independently is as much a part of who they are and what they want. Cheryl is still living with family very happily waiting for an apartment.

Alan was referred to me during the height of the Covid-19 Pandemic. A fairly young man, Alan found himself facing a hip replacement surgery right in the middle of a pandemic. Alan's hip replacement surgery and follow up looked much different than the normal post-surgical and therapy protocol. Alan was released from hospital just five days post-surgery with very little rehabilitation. Alan was instructed to go to a local rehabilitation clinic but he couldn't drive. How was he going to get there? After his first visit to rehabilitation therapy, his therapist told Alan to give me a call about transportation. In rural Utah we don't have cabs, buses and often times it's hard to find a family member or friend who can miss work to run you around. Alan and I set up a plan whereby I transported him to therapy in a sanitized van sitting six feet apart twice a week until he could drive. His therapist recommended some AT equipment to help Alan work on therapy at home, most of it very low cost, provided by Ability 1<sup>st</sup> Utah. Alan is doing much better and is back to work. I have gotten three referrals from Alan and all three are consumers. Who says good things don't come from a pandemic?

# Ability 1st Utah

## EXECUTIVE SUMMARY

Fiscal Year 2020

As of September 30, 2020

### MISSION STATEMENT

**TO RECOGNIZE, ADVOCATE, AND RESPECT EACH INDIVIDUAL'S RIGHT AND ABILITY TO REALIZE THEIR DESERVED QUALITY OF LIFE.**

*This will be accomplished by identifying needs, providing resources, strengthening abilities, and advocating social and political change for individuals with disabilities.*

### VISION STATEMENT

**To Integrate, Build, & Strengthen Abilities for All Individuals with Disabilities.**

## Celebrating 19 Years in Business!

Ability 1st Utah is celebrating our 19h year in business as a non-residential, 501(c)(3) non-profit organization that is committed to the Independent Living Philosophy.

Our Center assists each individual to live independently. We provide programs and services to people of any age with any type of disability in Utah, Juab, Wasatch, and Sanpete Counties.

### Ability 1st Utah's 5 Core Services:

- ◆ Advocacy for Individual & Systems change
- ◆ Peer Support
- ◆ Information & Referrals
- ◆ Independent Living Skills Training
- ◆ Nursing Home Transition Services

All towards the goal of help individuals reach independence and self sufficiency in their chosen environment.

In addition to our core services, we provide Assistive Technology evaluation services, program specific transportation, and maintain an equipment loan bank consisting of used adaptive equipment for loan at no cost. We also have community integration activities and offer a Youth Program. Ability 1st Utah's programs truly empowers people with disabilities to live productive, successful, and self determined lives.



### This Year's Goals:

- ◆ Our Employment Network's 8th year in operation! We have 20 beneficiaries assigned this year
- ◆ Increased number of participants to **1153**.
- ◆ Information & Referral services to **983**
- ◆ **Outreach efforts:**  
**32 presentations & 3 Fairs.**

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## Thank You to Our 2020 Donors!!

### CASH DONORS

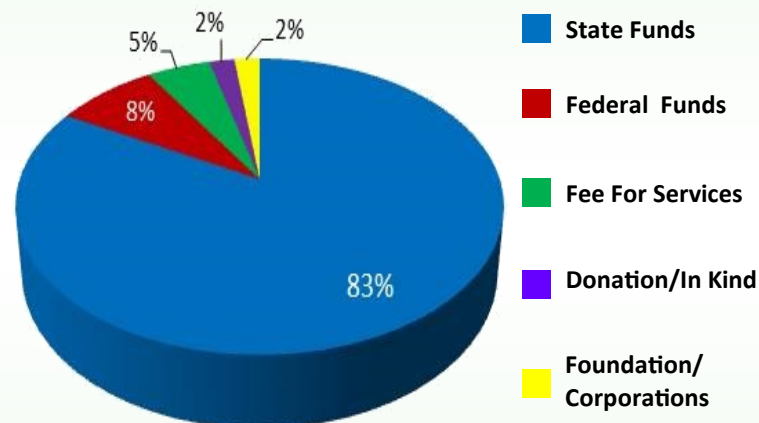
Central Bank  
Zions Bank

\$10,000  
\$1,250

### Customer Services Received

	FY2019	FY2020
<b>Number of Participants</b>	1267	1153
<b>Information &amp; Referral Services</b>	717	983
<b>Total Individual Services Received</b>	3254	3593
<b>Nursing Home Transitions</b>	20	10
<b>Diversion Services</b>	66	72
<b>Assistive Technology Services</b>	335	303

### Total Funding: \$877,589.00



## Community Transition Success Story 2020

Kellynn Marshal (name has been changed) was at Stonehenge Rehab of American Fork where she was recovering from a broken pelvis. She had fallen down some stairs in home and had sustained a fractured pelvis as a result. After getting her pelvis properly stabilized, she was released to Stonehenge of America Fork to regain her strength and to learn different skills to assist her with activities of daily living.

Kellynn worked with an occupational therapist while at Stonehenge Rehab and after some discussion on what type of equipment that she would need into to return home and improve her safety in in home, determined that she would need grab bars to hold on to hold onto in her home and in her bathroom and a shower chair to sit on while she showered and in order to prevent falls while in the shower.

The Physical Therapy Department of Stonehenge had heard about Ability 1<sup>st</sup> Utah through our Outreach team members and the services that Ability 1<sup>st</sup> provides and referred Kellynn to us. Kellynn is on a low, fixed income and was not able to afford these items that she needed in order to return to her home and be as safe as possible in the community.

Kellynn called Ability 1<sup>st</sup> and an appointment was scheduled for an intake to be completed over the phone. Usually, an intake would have been done in person but due to the Covid-19 pandemic and all nursing and rehab facilities being on lock down, an in-person visit was impossible. The intake appointment was completed over the phone and goals were developed to assist Kellynn with getting the equipment that she needed in order to return to her home and to be able to live safely in the community. The 4 grab bars and shower chair were delivered to Kellyn's home before she was discharged from Stonehenge Rehab. With the equipment that Kellyn received through the Ability 1<sup>st</sup> Loan bank, she was able to transition successfully from the rehab center and continues to maintain her independence safely in the community.

## AT EQUIPMENT SUCCESS STORIES

### LOAN BANK

### ASSISTIVE TECHNOLOGY

We received a referral for Tomas who is a gentleman in his late 70's who needed hearing aids. Tomas lost his hearing aids and wasn't able to financially purchase another pair. Tomas was missing out on his life because he couldn't hear conversations, engage with family members; he was living totally outside of the life he wanted to have. I helped Tomas develop a plan, get a hearing assessment and finally he was able to get new hearing aids. We reached a gratifying conclusion to Tomas' goals when he came into the office showed me his new hearing aids and how easy it was to adjust the volume up and down. He beamed with joy and thanked me over and over. The smile on his face and his pure delight at being able to hear and communicate with his loved ones was the best compensation that I could ever receive. Kelly is a stroke survivor and wanted to return to his home. His home environment presented some challenges. Barriers were present that threatened Kelly's desire to return to his chosen living environment. We got to work brainstorming how to remove those barriers. We needed to make Kelly's home safe for him. A number of options were discussed and excluded. Finally, we were able to overcome the barriers with assistive technology at a relatively low cost. We also joined forced with another agency to help make Kelly's home what he needed it to be. Kelly has referred others to our agency which makes me feel very good about help to Kelly and has allowed Ability 1<sup>st</sup> Utah to continue to help others.

### Independent Living Success Story

John Fredrickson has been with Ability 1<sup>st</sup> Utah for many years. In order to be closer to family, he moved to California a couple of years ago. Just this past month, he moved back to Utah in order to improve his living situation. He remembered the connection he had to us and gave us a call before moving. We were able to help him with the process of applying to Provo Housing Authority and got a voucher so that he could pay subsidized rent in an apartment here in Provo. We were also able to connect him with Community Action so that he could get help paying for his down payment while he waited for the money from Provo Housing to arrive. He was not able to bring a lot of his personal items when he moved from California, so we filled out a DI voucher to provide him with a bed and kitchen table. He was also in need of clothing to be able to look presentable at his job interviews. We gave him a gift card to be able to afford some essential items. He now is living in a nice place in downtown Provo and able to live independently. He is currently applying for different jobs nearby and is hopeful and confident that he will be able to start working soon. John is a confident and independent individual partly due to the various connections that Ability 1<sup>st</sup> Utah provided.



## EXECUTIVE MESSAGE

By Sandra M. Curcio, Executive Director

I am so grateful for the opportunity to bring you the 2020 annual report for Ability 1st Utah. This is our 19th year in business, which has been a very difficult and challenging year due to the COVID-19 Pandemic. We did have to close our facility to public access and discontinue providing services on site, but we did continued to provide our services in alternative formats through virtual meets and limited numbers of transportation and alternative methods in delivering our Assistive Technology Loan Bank Equipment, to keep our services moving forward during COVID-19. Our Employment Network, under the Social Security Ticket To Work Program also continued to provide support services in alternative formats to keep services moving forward to Social Security Ben-

eficiaries, we provided support services to 20 beneficiaries. We are hoping that the new year will allow us to start meeting in group setting again. We have been able to stay in contact with our consumers through wellness checks to determine services needed and to address isolation issues due to the pandemic. We did not host our annual Holiday Party in 2020 due to the pandemic, but our consumers enjoy this event.



Cooking Class



Trip to Bridal Veil Falls